

How Barefooted People Can Have Less Pain

Centennial—Well I was excited to be able to share this study with you! A study was published in the journal Arthritis and Rheumatism in September 2006 that concluded

"modern shoes may exacerbate the abnormal biomechanics in lower extremity osteoarthritis."

Translated, that means every-day ordinary shoes change the way your joints work which will significantly worsen arthritis in your knees, hips or feet.

If you've been through my new patient work-up in the last 2 years, then you've been grooved in on how important proper footwear is for maintaining good alignment between your visits. (This ultimately keeps your pain away longer, makes it less severe when it does bother you and solves common complaints like foot pain, burning and numbness).

As many of you have found out, wearing a 1/8" heel lift in certain pairs of your shoes (namely athletic shoes, lace-up shoes, hiker boots, etc.) has vastly improved your results. The other main factor is getting rid of any insole that has an arch support. But some of you have wondered why the natural state of being barefooted isn't ideal over the heel lift approach.

Bare feet aids a person when walking the face of the earth without cars and airplanes

to take him/her everywhere; without sidewalks and roads, the terrain is rough and uneven. The mechanics of the foot are designed to maximize moving the body across bumpy surfaces, not to keep the body's posture in good alignment.

So it was interesting to see that researchers discovered that regular walking shoes are WORSE on arthritis than just going barefooted. This gives some credibility to the fact that **TRADITIONAL SHOE SET-UPS SCREW-UP YOUR BODY.** Unfortunately, the researchers didn't test the shoe setup we recommend to maximize your results with ABC chiropractic corrective care (as I'm sure they have no clue that it exists!!)

I've observed relapses time-after-time when patients have worn the wrong insoles, too flat of shoes, or high heels; I've also observed when people finally decide to CHANGE their shoes, their symptoms get better and stay minimal! It is clear to me that traditional shoes DON'T support you, and even make you WORSE! It's vindication to actually see proof in the literature, and not just anecdotal reports.

If you know someone who is trying to solve their back pain or foot pain with orthotics, then they must come to our office for a free consultation. Most people are dissatisfied wearing clunky orthotic inserts which limits the kinds of shoes they can wear. 95% of the time patients have EASILY discarded their orthotics and have gotten lots of relief. Have them call 303-738-0390 for a free foot consultation!

Yours in Health, Dr. Erica